



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC

OR



Find us on the web:

www.co.dodge.wi.gov

ADRC Recipe Box

Ham & Broccoli Breakfast Bake

Serves 8



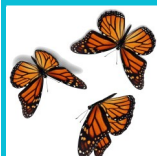
Ingredients:

- 2 C. broccoli florets
- Nonstick cooking spray
- 4 C. frozen hash brown potatoes, thawed
- 2 T. fresh chives
- 6 oz. finely chopped honey ham
- 1 C. shredded cheddar cheese
- 8 eggs, lightly beaten
- 1/2 C. milk
- 1/2 tsp. black pepper
- 1/4 tsp. garlic powder

Make up the night before!

Directions:

In a medium saucepan cook broccoli in boiling, lightly salted water 3 minutes; drain. Rinse with cold water; drain again. Coat a 2-quart rectangular baking dish with cooking spray. Add potatoes and chives to prepared dish; toss to combine. Top with broccoli, ham, and cheese. In a medium bowl combine the eggs, milk, salt, pepper, and garlic powder. Pour egg mixture over potato mixture. Cover with foil and chill overnight. To serve, preheat oven to 350 degrees F. Bake, uncovered, 50 to 55 minutes or until eggs are set (160 degrees F). If necessary to prevent overbrowning, cover with foil the last 10 minutes. www.eatingwell.com



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039





199 County Road DF - 3rd Floor
Juneau, Wisconsin 53039



ADRC Connections

SPRING ISSUE Newsletter 2021

**Connecting You with
Supports and Services**

**The ADRC and
Aging Programs in
Dodge County
are just a phone
call away!**

**920-386-3580
800-924-6407**

*Let us know what you
think!*

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Supervisors Report...From the Desks of Kris Schefft and Jackie DeLaRosa

Dodge County Aging and Disability Resource Center Survey

Are you a member of our County's aging population? Perhaps you are a caretaker of an aging family member or neighbor. The Aging and Disability Resource Center (ADRC) of Dodge County would appreciate your help in completing this confidential aging survey.

All information shared will be vital in developing our three-year aging plan. This plan consists of goals the department creates based on the needs of the aging and disabled residents of our local communities. It is also used for planning for local programming.

This survey will be available to complete until at least the end of April. Please contact the ADRC if you have any questions: 920-386-3580 or 800-924-6407. The ADRC offers the general public a single source for information and assistance on issues affecting older people and people with disabilities regardless of their income. Visit the ADRC website at <https://www.co.dodge.wi.gov/departments/departments-a-d/aging-and-disability-resource-center#ad-image-6> for more information.

We have provided the option to complete the survey online. If you chose to use that option, go to: <https://www.co.dodge.wi.gov/departments/departments-a-d/aging-and-disability-resource-center/aging-community-engagement-survey> or alternatively you may use your smartphone to scan the QR code to the right using a QR reader app, and it will take you straight to the survey website to enter your comments. If you are unable to complete the survey using the website address above, or the QR code on this letter, you can request a paper version of the survey to be mailed to you with a prepaid return envelope by calling the ADRC at 920-386-3580 and providing your name and mailing address. Data will still be anonymous and kept confidential.



Please request a survey in this fashion no later than April 20, 2021 to be included in the final survey results. We also ask that you take the survey only once to preserve data integrity.

Sincerely,

Kris Schefft & Jackie DeLaRosa





Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Brittany Borchardt, Diane Coulter, Heather Ehrlich,
Morgan Leistekow, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt,
Jeannette Moon, & Hannah Rohlinger
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Melva Brown-Dring, Judy Hedstrom,
Rose Newman, Marcey Sage,
Judy Schraufnagel, Jill Weisensel,
Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn & Jennie Farmer
 Elder Benefit Specialist.....Amanda Higgins & Jennie Farmer
 Nutrition Program Coordinator.....Kayla Kleinsteiber
 Transportation Coordinator.....Elaine DeBlare
 Van Drivers.....Bill Benedon, Keith Braunschweig, Mark Callies
JJ Johnson, Doug Korducki, John Leitner,
Greg Maier, Ingrid Martinez-Koch, Dave Pasewald

STAFF Spotlight

My name is Kayla Kleinsteiber, and I'm excited to be a part of the ADRC at Dodge County. I am the new Nutrition Program Coordinator and will be helping with the day-to-day duties of the senior meals program. I'm very passionate about community programming and health/wellness. I enjoy spreading kindness and making people's day better. When I'm not at work I like being outside hiking at State Parks and spending time with family and friends. I look forward to being a part of the Nutrition Program and helping it grow.



Keith Braunschweig is retired from factory work and was looking for something to keep him occupied. "I like driving and seeing the countryside. Welcome, Keith!"

Valuable Volunteer Spotlight

Meet Dallas!



My name is Dallas Grosenick and I'm from Watertown. We asked Dallas what he likes most about volunteering and his answer was, "You are doing a great job for the older people. They appreciate every time you come and I enjoy every minute that I'm with them." Dallas has been volunteering for the senior meals program in Watertown for nine years. Thank you, Dallas! ♥

Ingrid Martinez-Koch comes to us with years of experience while working for Beaver Dam Transit. Welcome, Ingrid!



Doug Korducki is a former firefighter and first responder from Madison. Although retired, Doug states he "still wants to be able to help out."



Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease, or condition.

Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Research community resources.

Contact the ADRC (920-386-3580) for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services, and adult day care.

Plan for immediate care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Consider logging the person's health such as

eating patterns, symptoms, and medications. This information is helpful at medical appointments. Find out what the person's wishes are for immediate and long-term care.

Enlist the help of others. Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.

Organize important information.

Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.



Submitted by
Catherine Knickelbein
Caregiver Program Coordinator

Plan for the future. Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and, if necessary, contact a financial advisor who is familiar with caregiving issues. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.



Take care of yourself, too. Find support through friends, a counselor, or support group. Many are meeting virtually during the pandemic and can be found at wisconsincaregivers.org/virtual-events-for-caregivers. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

*Adapted from an article by
Jane Mahoney
Older Americans Act
Consultant
Greater Wisconsin
Agency on Aging Resources*



YOUR BENEFIT NEWS

Submitted by Amanda Higgins, and Jennie Farmer Dodge County Elder Benefit Specialist

Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center



Same-Day Transportation to COVID-19 Vaccination Appointments for Eligible BadgerCare Plus and Wisconsin Medicaid Members



LOCAL HELP FOR PEOPLE WITH MEDICARE

During the COVID-19 public health emergency, BadgerCare Plus and Wisconsin Medicaid members who are eligible for non-emergency medical transportation (NEMT) services may schedule rides to COVID-19 vaccination appointments with MTM, Inc., once the appointment has been confirmed. This also includes rides scheduled the same day as the appointment. To schedule a ride, call MTM, Inc. at 866-907-1493 (TTY 711). When scheduling a ride, have your ForwardHealth ID card and the address of the vaccination site. More information about scheduling rides can be found on the WI Department of Health Services website:

[https://
www.dhs.wisconsin.gov/
nemt/index.htm](https://www.dhs.wisconsin.gov/nemt/index.htm)



Spring into Better Health

After a long winter, the signs of spring are sprouting all around us. Now is a good time to focus on your health so you can enjoy all that the season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Medicare preventive services can help prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you are new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you have had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Please note, the Wellness visit is not the same as an annual physical exam. If you schedule the appointment by requesting a "physical", your claim will be incorrectly billed.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the visit not covered under the preventive benefit, you may have to pay coinsurance and the Part B deductible.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, osteoporosis, and vaccines, just to name a few. You can find a complete list of Medicare-covered preventive services in the *Medicare, You 2021* handbook on the Medicare website at www.medicare.gov or call your local Benefit Specialist. Talk to your doctor about what screenings and shots are right for you.

If you have questions about these topics or another benefit related issue, contact the Benefit Specialists at Aging and Disability Resource Center (ADRC) of Dodge County at 920-386-3580 or 800-924-6407.



Dementia Care Specialist
Rob Griesel

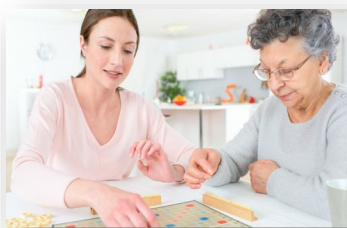
Dodge County Survey on Dementia

Dementia is challenging and it impacts the entire community. Please help me gather the current community needs and feelings around dementia in Dodge County. If there are any questions you are uncomfortable answering please type "n/a" and move on to the next question. Thanks for so much for your help! Your insight and feedback is invaluable and much appreciated. If you would prefer a paper copy, or have any questions, please let me know. Rob

<https://www.surveymonkey.com/r/>

Dementia Friendly Dodge is offering three opportunities, March through May, to pick up a **Dementia Friendly Busy Bag**. Each month will feature a different craft and resources for those living with dementia or caring for those with dementia.

To request your bag, contact Rob at 920-386-4308 as a form needs to be completed.



Pick up location is Horicon Public Library
404 East Lake Street
in Horicon

Pick up dates are on
Tuesdays:
March 16, April 20,
and May 18



Calendar of Caregiver Connections:

Kairos Alive! Wisconsin Connection Jam 2-Way "TV Show"

Thursdays from 1:30-2:15 pm

Fun, connection, and health with music, dance, story, and research learning. All ages and abilities welcome on Zoom. Register at info@karosalive.org

Poetry for Life: Call-in Show Thursdays from 10:30-11 am

Join poets Gary Glazner and Fabu Carter for an old-fashioned radio show. Suitable for all ages! For more info, contact garyglaznerpoet@gmail.com otherwise call 609-663-1816 to join!

Conversations Support Group Wednesdays from 10:30-11:30 am

For those with mild cognitive impairment (MCI) and those in the early stage of any type of dementia. To participate, contact Rob at 920-386-4308.

Lewy Body Dementia Caregivers Support Group

2nd & 4th Wednesdays from 1:30-3:00 pm

Co-facilitated by Rob Griesel, DCS, join in to ask questions and get answers. Learn some creative and caring problem solving techniques.

Memory Arts Café

First Wednesday of month from 1-3 pm

A creative expression and social program that includes music, storytelling, movement, and art making. Contact Noreen at 608-732-3131.

MONDAY MORNING CAREGIVER COFFEE HOUR

Virtual EVERY MONDAY

10AM-11AM

REGISTER BY CALLING 920-386-4308 OR E-MAIL
RGRIESEL@CO.DODGE.WI.US

No Holidays!



Need a Ride? Non-Emergency Medical Transportation through MTM

We will continue to provide rides to medical appointments (called non-emergency medical transportation) during the COVID-19 pandemic.

Please schedule rides with MTM as usual. If you think you have been exposed to COVID-19 and you have a fever or other symptoms, please call your doctor to make sure you can be seen before you call MTM to schedule a ride. When you call MTM to schedule a ride, be sure to tell them if you have been exposed to COVID-19 or are feeling ill.

In most cases, rides are being limited to one member and one driver at this time.



Same-Day Rides to COVID-19 Vaccine Appointments

Do you need a ride to a confirmed appointment to get the COVID-19 vaccine? You can schedule a ride with MTM as soon as you confirm you have an appointment, even if it is the same day. **Call MTM at 866-907-1493 (TTY 711).**

Please have the following information ready:

- Your ForwardHealth ID (found on your ForwardHealth card)
- The address of where you will get your vaccine

If you do not have a way to get to your medical appointment or you have a car and are able to drive yourself but cannot afford to pay for gas, you can get:

- A ride, bus tickets, or money for gas

Wisconsin's non-emergency medical transportation manager, Medical Transportation Management (MTM), Inc., is required by federal law to provide the least costly

type of ride based on your medical transportation needs. This could include bus tickets or gas for your car.

If you cannot ride a bus and you are not able to use your own car, a ride with the best type of vehicle based on your medical and transportation needs will be scheduled. Rides may include a specialized medical vehicle or another type of vehicle.

This applies if you are enrolled in one of the following programs:

- BadgerCare Plus
- Wisconsin Medicaid
- Family Planning Only Services
- Medicaid Purchase Plan
- SSI Medicaid
- IRIS (Include, Respect, I Self-Direct)
- BadgerCare Plus Express Enrollment for Pregnant Women
- Tuberculosis-Related Medicaid
- Katie Beckett
- Care4Kids
- Children Come First
- Wraparound Milwaukee

How Do I File a Complaint?

Anyone, including health care providers, can file a complaint with MTM, Inc. about ride services. You can file a complaint by:

- Calling: 866-436-0457
- Writing to:
MTM, Inc. Quality Management
5117 West Terrace Drive, Suite 400
Madison, WI 53708
- Online: <https://www.mtm-inc.net/contact/>

When filing a complaint, you must have your ForwardHealth ID number, name, and date of service or trip number. After receiving your complaint, MTM, Inc. will mail you a response within 10 business days.





What is APS?

Adult Protective Services (APS) programs promote the safety, independence, and quality-of-life for vulnerable adults who are, or are in danger of, being abused, neglected by self or others, or financially exploited, and who are unable to protect themselves. APS is a social service program authorized by law in every state to receive and investigate reports of elder or vulnerable adult maltreatment and to intervene to protect the victims to the extent possible.



Tip from Adult Protective Services

Government agencies will not ask for payment in the form of gift cards. From the Federal Trade

Commission: Gift cards are for gifts, not payments.

Anyone who demands payment by gift card is always a scammer.

WHAT DOES APS DO?

- Receives reports of alleged abuse, neglect, self neglect, or financial exploitation and determines if the client is eligible.
- Investigates the allegations through interviewing the client, collateral contacts, alleged abuser(s), and through examining evidence such as medical and bank records.
- Addresses emergency needs for food, shelter, or law enforcement protection.
- Determines whether abuse is occurring or not. *If it is not*, the case is closed.
- *If it is*, develops a case plan with the client to stop the abuse, and to address the client's health and safety needs through services such as medical or mental health treatment, housing assistance, legal assistance, financial assistance, personal care, and home delivered meals.

*Submitted by Paula Becker
APS Supervisor*

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Disability Benefit Specialist News

Submitted by Jennie Farmer, DBS

Welcome to Spring



Have you been to the Dodge County website lately? The Aging and Disability Resource Center of Dodge County wants to keep you up-to-date with the programs that can help so many in our community. We can be found on the Dodge County website:

www.co.dodge.wi.gov



Please take a look at the Benefit Specialists tab. Our hard working Benefit Specialists are here to help with you with a multitude of programs, but the website is a great place to kick start your search. We have up to date, unbiased information about Medicaid, Medicare, Social Security and links to other potential resources. Sign up information for monthly Welcome to Medicare workshops are also available.

Benefit Specialists provide free and confidential services. Our specialists are trained and guided by attorneys who specialize in elder and disability law.



New TAP Hearing Aid Assistance

The Department of Health Services (DHS) Telecommunications Assistance Program (TAP) is announcing the launch of a Hearing Aid Assistance (TAP HAA) option to the TAP program.

TAP HAA is an additional TAP benefit option available to consumers to provide funding towards the purchase of new hearing aids to increase the efficiency and use of telecommunications devices for distance communications by people who are Deaf or hard of hearing. TAP HAA can provide up to \$250 per hearing aid or \$500 per pair of hearing aids per person.

To qualify for TAP, an applicant must:

- Be a Wisconsin resident
- Meet income eligibility guidelines

- Provide a completed TAP assistance application
- Provide hearing loss documentation
- Purchase equipment through an approved vendor
- Apply only once every three years

Also note that Wisconsin Medicaid may cover hearing aids if an individual meets coverage criteria, some Medicare Advantage plans may have a hearing aid benefit, and there are other assistance programs available besides the TAP. The Telecommunications Assistance Program is now one more option for individuals to receive assistance to cover the costs of hearing aids.

For more information visit: <https://www.dhs.wisconsin.gov/odhh/tap.htm>

*Published with permission from the Legal Services Team
at the Greater Wisconsin Agency on Aging Resources'
Elder Law & Advocacy Center*



Senior Dining Menus

**MENU
SUBJECT
TO
CHANGE
WITHOUT
NOTICE**

	M	T	W	TH	F
A P R I L				1 Mush Pork Cutlet Mashed Potatoes	2 CLOSED Good Friday
	5 Glazed Ham Baked Potato	6 Lasagna Casserole Italian Blend Vegetables	7 Swedish Meatballs Mashed Potatoes	8 Teriyaki Chicken Baby Reds	9 Salisbury Steak Mashed Potatoes
	12 Roast Pork Loin Mashed Potatoes	13 Meatloaf Calico Bean Casserole	14 Baked Chicken Twice Baked Style Potatoes	15 Beef Stew California Blend Vegetables	16 Liver and Onions Baked Potato
	19 Chicken Breast Mashed Potatoes	20 Cranberry/Kraut Meatballs White Bean Salad	21 Beef Stroganoff Tossed Salad	22 BBQ Pork Cutlet Baby Red Potatoes	23 Roast Turkey Mashed Potatoes
	26 Escalloped Potatoes and Ham Broccoli Cuts	27 Baked Chicken Garlic Mashed Potatoes	28 Smoked Sausage Baked Beans	29 Chopped Steak in Burg/Mush Sauce Mashed Potatoes	30 Orange Chicken Baked Potato
M A Y	3 Ham Rolls Sweet Potato Bake	4 Chili Casserole Tossed Salad	5 Meatballs in Honey Mustard Sauce Brown Rice	6 Country Fried Steak Mashed Potatoes	7 Chicken Marsala Baby Reds
	10 Roast Beef Mashed Potatoes	11 Baked Spaghetti Mixed Italian Salad	12 Baked Chicken American Potato Salad	13 Pork Steak Mashed Potatoes	14 Crispy Fish Fillet German Potato Salad
	17 Swiss Steak Mashed Potatoes	18 Chicken and a Biscuit Casserole Broccoli Cuts	19 Meatloaf Calico Bean Casserole	20 Sweet & Sour Pork over Brown Rice Tossed Salad	21 Hamburger on a Whole Wheat Bun Cheesy Potato Bake
	24 Pork Jaegerschnitzel Baked Potato	25 Baked Chicken Garlic Mashed Potatoes	26 Hawaiian Meatballs Baby Reds	27 Chicken Tetrazzini Spinach Salad with Rasp. Vinaigrette	28 Bratwurst on a Whole Wheat Bun Baked Beans
	31 CLOSED				
J U N E		1 Pork Steak Mashed Potatoes	2 Chicken Cacciatore Baby Reds	3 Salisbury Steak Mashed Potatoes	4 Salmon Loaf Baked Potato
	7 Burgundy/Mush Chopped Steak Mashed Potatoes	8 Glazed Ham Baked Beans	9 Lasagna Casserole Broccoli Cuts	10 Chicken Breast Mashed Potatoes	11 Cranberry/Kraut Meatballs Baked Potato
	14 Chicken, Broccoli, & Rice Casserole Brussel Sprouts	15 Roast Beef Mashed Potatoes	16 Smoked Sausage Calico Bean Casserole	17 Beef Stroganoff Corn	18 Baked Chicken Garlic Mashed Potatoes
	21 Mushroom Pork Cutlet Mashed Potatoes	22 Pepper Steak Baby Reds	23 Swedish Meatballs Mashed Potatoes	24 Orange Chicken Baked Potato	25 Meatloaf Red Beans and Rice
	28 Roast Turkey Mashed Potatoes	29 Beef Stew Broccoli Cuts	30 Baked Chicken Twice Baked Style Potatoes		



NUTRITION FIT BITS!



Understanding the Nutrition Facts Panel

By Caitlin Richardson

FoodWise Coordinator Columbia Dodge & Sauk Counties

With the ever-changing world of health, it's hard to keep up on what's the "right" thing to be doing. Whether it's eat this, don't eat that, or this type of exercise is now the best, it seems as though the health world is constantly changing. One thing that seems to stay relatively stagnant is the Nutrition Facts Panel found on foods. Now, the visuals and some of the related information on the panel has gotten an update—which it's about time! Over the next couple of months this

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	10%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

Servings per container

Serving Size

Calories

article section is going to be used to give readers a deep dive into the label. What does this information really mean? Why are the nutrients on the label important and how do they help our bodies? Each month will be focused on a different nutrient or section of the label starting from the very top working our way down. This way by the end of the series you can confidently go into the store and know how to read a label and the significance of each nutrient listed. Let's get started!

Servings per container: The total number of servings in the entire package. Relates to the total amount of food in the unit.

Serving size: The amount of food that is customarily eaten at one sitting. This is what the nutrition information is based on throughout the label. It is NOT a recommendation of how much you should eat. Use the serving size to compare what you eat to what's listed on the label to make your estimated nutritional intake.

Next month we will talk more about Calories. If you have any additional questions, please contact Caitlin Richardson. Email: Caitlin.Richardson@wisc.edu; phone 608-742-9693.

*Source: <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets.cfm>



Pictured is the sweetheart cake served by Feil's Catering on Monday, February 15 as part of a Valentine's Day treat to participants of the senior meals program.





CALENDAR OF ADRC EVENTS

For more information or to register for events, please call the ADRC.

Due to the COVID-19 public health event, all in person events have been postponed. Please call the ADRC for recent developments as to the status of your favorite ADRC event.

Every Monday from 10-11 am

Monday Caregiver Coffee Hour. Caring for someone living with dementia? Connect with local Dementia Care Specialists via Zoom.

First Wednesday of the month from 1-3 pm

Virtual Arts Café. Program designed for people with memory loss and their caregiver. Supplies will be provided and delivered. Registration required.

April 6 from 9 am-12 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

April 7, 14, 21, 28, May 5 & 12 from 1 pm-3 pm

Virtual Living Well with Chronic Conditions Workshop. Teaches you skills to better manage your health and well-being. Call the ADRC to register.

April 8 from 9 am-3 pm

Virtual Caregiver Spring Break. Includes speaker Teepa Snow and dietician Becky Kerkenbush as well as a one act play "Steering into the Skid". Call the ADRC of Dodge County to register.

Every Wed. April 29-June 2 from 10 am-12 pm

Virtual Stepping On (SO) Workshop. SO has been researched and proven to reduce falls by 30%. Call the ADRC to register by 4/14.

April 29, May 13, & 27 from 10:30 am-12:30 pm

Virtual Mind Over Matter (MOM) Workshop. The goal of MOM is to help older women build the skills and confidence to improve their bladder and bowel symptoms. Call the ADRC to register.

May 20 from 4-7 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

June 15 from 9 am-12 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

4-2-6 BELLY BREATHING

Inhale slowly through your nose and count to 4, expanding your belly as you do.

Hold that breath for a count of 2.

Slowly exhale through pursed lips for a count of 6.

FOR PRACTICAL MENTAL WELLBEING TOOLS AND TIPS VISIT THEWELLNESSOCIETY.ORG



Information, referral, and advocacy is available to any individual who has a disability related question, concern, or need. ACCESS works to assist individuals to communicate their needs to obtain services and support as well as teach skills necessary to reach their independent living goals.

608-242-8484 • 1-800-362-9877

email: info@accesstoind.org

web: www.accesstoind.org

Commission on Aging and Disability Services (CADS) Governing Board Members:

Dianne Birkholz
Judy Braun
Shirley Kitchen
Jody Langfeldt
Lorna Negen
Gary Schmidt
Del Yaroch

Thank You to
our board
members for
their advocacy
work!